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# Bangalore Mirror

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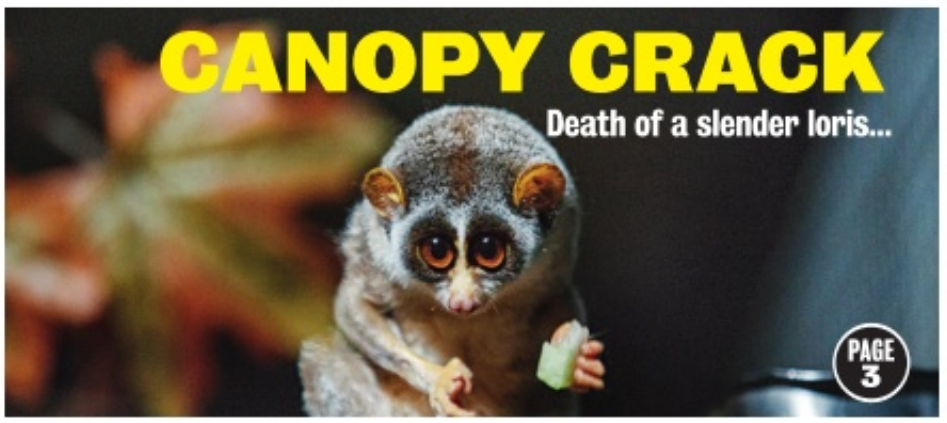

## Stench from waste processing unit, health complications and swarm of flies leave residents of area in a fix

# ATTACK OF THE STINK FLY

## Plant became operational a year ago

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TWEETS @BangaloreMIRROR

The health hazards of the Bruhat Bengaluru Mahanagara Palike's wet waste processing unit in Banashankari 6th Phase are now out in the open. From acute lung issues to diarrhoea and dysentery, the residents of the area said they are horrified by the number of individuals who have been facing various health issues over the last year since the plant became operational.

They told BM that they are worried about the ever-lingering stench emanating from the waste processing unit — they are alarmed by the swarm of flies invading homes in the area. Even desperate measures taken to keep their homes clean are turning out to be futile.

Usha Chetan, a resident living near the unit, said that her family has been suffering from life-threatening health issues since the plant was set up. Usha's mother-in-law, who now lives in Mysuru, had recently come down to be with her family for a few months. However, she had to be admitted to a

CONTINUED ON PAGE 8 »

**"Stench from the plant starts early morning at 4:00 am and continues throughout the day. Everyone is worried as we are all continuously inhaling toxic gas**

– Shantha Nagaraj, resident

# Traffic islands, 'sunk' finally

Traffic improvement work starts at junction of Sankey Road and Palace Road

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TWEETS @BangaloreMIRROR

Over three years ago, citizens of Vasanth Nagar had come forward with a concept to make alterations to the traffic islands located at the junction of Sankey Road and Palace Road at Balabrooie Corner at High Grounds which was causing traffic problems at the junction.

Now, finally, the Bengaluru Traffic Police (BTP) and BBMP traffic engineering cell (TEC) have acted on the issue and are working to remove the traffic islands.

The junction of Sankey Road and Palace Road (Balabrooie Corner at High Grounds) witnesses very high traffic and was designed with traffic islands, about a decade ago. Subsequently, a traffic signal was added to control the traffic along Palace Road, crossing this junction. Later, one more traffic signal was added to control movement of traffic from Palace Road to Sankey Road towards the planetarium.

Many commuters would get stuck in traffic during the peak hours here — citizens often complained that the traffic

CONTINUED ON PAGE 4 »

# It's all about child's play!

## CBSE asks its affiliated schools to implement framework for little ones that implements holistic, play-based learning

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> **The shift is now more towards activity-based learning including art, music, dance**
> –Father Sunil Fernandes, Principal, St Joseph's Boys High School

The Central Board of Secondary Education has released a circular asking has asked the schools affiliated with it to implement the National Curriculum Framework for Foundation Stage (Ages 3 to 8) from the coming academic session 2023-24.

The National Education Policy 2020 is guided by a 5 + 3 + 3 + 4 design with four stages, the first one being the foundational stage. The new curricular and pedagogical structure as per the NCF focuses on flexible, multilevel, play-based learning for in foundational year i.e., 3 to 8 years of age and includes preschool to Class 2.

Now that the schools have been asked to implement the NCF for foundational years, the Board has made a few modifications in affiliation by-laws, 2018, from session 2023-24. Firstly, the Board, in addition to its existing categories of affiliation, has expanded the affiliation of the existing affiliated schools offering foundational education to pre-school classes, provided they fulfil all other requirements as mandated by CBSE.

"Most schools in Karnataka have Classes 1 to 10 and do not have preschool. So, the schools have been given time to extend till preschool. Till now, most of the Montessori preschools and playschools are run separately but now they will have to be part of the schooling. We have to ensure that the infrastructure is suitable for that," explained Father Sunil Fernandes, Principal of St Joseph's Boys High School in Bengaluru.

The Board has also advised the schools to access the guidelines for internal infrastructure for play school education published by NCERT. Further, it is recommended that all related teaching-learning material for the foundational stage being released by NCERT be used for teaching-learning purposes.

One of the major features of the new curriculum is activity and play-based learning for children aged 3 to 8.

"So far, the curriculum has been mostly theoretical for younger classes but the shift is towards more experiential and activity-based learning that includes art, music, and dance as well," Father Fernandes added.

In addition to the activities taken inside the classrooms, the framework also recommends activities like drama activities, creative arts activities, visual and performing arts, participation in discussions and simple games, exposure to literature, participation in music, excursions, and many more.

"Each school shall keep evidence that it will maintain a curriculum and an educational program based on NCFFS 2022. The term and hours of each Balvatika (pre-school) class shall be equivalent to those established by the appropriate government; foundation stage classes shall meet not less than five half-days a week," the circular by CBSE read.

The framework was released in October 2022 and some private schools across the city have already started to implement some of the pedagogical changes required by the framework.

# In the pink of their health

Bangalore Mirror Bureau
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The pink-themed clinics were inaugurated on Wednesday

With Assembly elections fast approaching, the State Government is pushing for women health and wellness clinics and to begin with, the Bruhat Bengaluru Mahanagara Palike (BBMP) on Monday inaugurated 50 women's health and wellness clinics inside primary health centres.

A senior health officer told Bangalore Mirror, "A dedicated room in urban primary health centres will be renamed as Ayushmati clinic. The entire room will have a pink theme where all the basic facilities will be provided."

She explained that women experience unique health due to hormonal changes, physical changes, behavioural changes etc., which in turn leads to mental stress, insecurity, depression, and health issues.

To address these issues and to provide a judgment-free environment for women to access health services, discuss their health concerns with experts, the State Government guided by the Government of India, came up with the initiative.

The project is being financed under the 15th Finance Commission and NHM Programme.

Overall, 128 such clinics are being established in the state. Around 57 clinics will come up in Bengaluru and currently 50 will be operational.

A BBMP official said that the pink wellness centres will provide counselling services to adolescents, screening for non-communicable diseases including cancer, referral services for high-risk cases, wellness activities and improve access to various national health programmes.

He said there will be services on: menstrual issues including menstrual hygiene, family-planning issues, reproductive tract infection/sexually transmitted infection, non-communicable diseases, mental health issues, adolescents' health issues, pre-and post-menopausal issues, nutrition, lifestyle modifications, lab investigations, RBS, FPS, PPBS urine examination (Albumin, sugar, Microscopy etc), addictions, referral services and wellness activities like yoga and meditation -- all free of cost.

However, Bengalureans say that they need to wait for a longer time to assess the success of these Ayushmati clinics.

"The ideas sound great but we need to know how it will be successful. Earlier, the State Government had launched Namma clinics on the lines of Delhi's Mohalla clinics. However, staff shortage and restricted time has not served the purpose. There is always a need for woman-centric clinics in the city especially as the city has a large working women population. However, it will serve purpose only if it has essential staff with a good budget for providing medication," said Sunanda Bhargavi, a garment worker.

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## 2 THINGS TO DO

### 01 Melodies divine

The Morning Raag concert series at Jagriti is a celebration of classical music performed by some of the best Hindustani and Carnatic vocalists and instrumentalists. Vaibhav Ramani, violinist, will be accompanied by Kaushik Sridhar on the mridangam. They will be presenting a Contemporary Carnatic music concert, including both traditional pieces as well as instrumental pieces called Ragapravaham.

**Where: Lumbini, Jagriti Theatre**
**When: April 2, 7:30 am**
**Tickets: bookmyshow.com**

### 02 Write out loud

Lahe Lahe brings to you an evening of baring your soul on paper. Every Tuesday, participate in a heart-plucking session of poetry, and good company. Come, share your poetry in a circle and unwind.

**Where: Lahe Lahe, Indiranagar**
**When: Mar 28, 7.30-9.30 pm**
**Contact: 9886294444**

# This season, pay more for fruits, vegetables

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With the onset of summer, there has been a steady increase in the prices of fruits and vegetables.

Ashok, a vegetable vendor told Bangalore Mirror, "The surge in the prices of vegetables is a result of the onset of summer and the lack of sufficient water required for irrigation purposes."

"The prices of vegetables are increasing drastically. We do not have much choice but to limit our purchases" said a customer.

The prices of a kg of beans have risen from Rs 60 to Rs 100 per kg. The price of capsicum has increased from Rs 20-30 per kg to Rs 40-50 per kg. While the prices of onion, tomato, and potato remain the same, the price of ridge gourd has surged from Rs 40 rupees to Rs 70. Among other vegetables, the price of carrots has increased from Rs 30 per kg to Rs 50 per kg.

However, for some vendors, this was part of life. Pramila, a fruit vendor said the hike in the prices of fruits has not affected their business. Prices of fruits increase during the festive season and their regular customers are purchasing their preferred fruit like usual.

Among fruits, the price of papaya has increased from Rs 30 to Rs 50. The price of oranges are priced at Rs 150, the prices of apples range from Rs 200-220 per kg. The price of mango ranges from Rs 160 – 300 per kg based on the chosen variety. The price of black and green grapes has remained at Rs 160-180 and Rs 80-100 respectively. The price of watermelon has increased by Rs 5 per kg.

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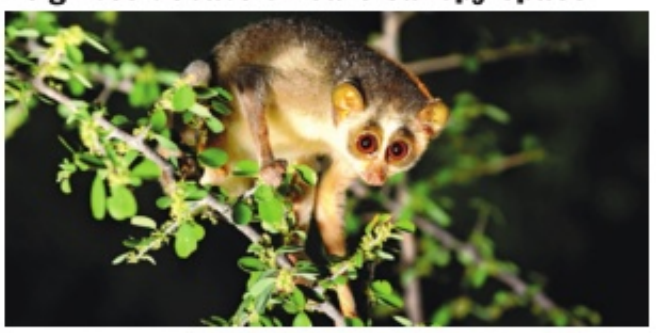
# Fragile, handle with care

## Death of slender loris due to electrocution reignites debate on safe canopy space



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A grey slender loris that died due to electrocution on the Jnana Bharati campus on Sunday has fuelled the debate on safe canopy space for the primate that has been enlisted by the International Union for Conservation of Nature (IUCN) as an endangered species.

According to the experts, this was the first loris ever sighted on the Bangalore University campus and since there is a population of lorises thriving on the campus, the authorities must look at making isolated green patches continuous and clearing the forest area of electric lines.

"The biodiversity park and tree canopy have improved on the campus as per multiple studies carried out by our department. It is unfortunate that the first ever slender loris sighted has been found under such circumstances. However, the authority should make sure that the electric lines in forest areas are either shifted or insulated so such incidents do not occur in the future," said Dr BC Nagaraja, professor, and head, Department of Environment Science, Bangalore University.

Currently, there are no studies done on the slender loris population thriving on the BU campus. Experts say since it is an endangered primate, it is high time that a study is conducted to get an inventory.

"A team from the Indian Institute of Science (IISc) visited the campus four years ago to map this primate. The team went around the forest area on campus for a few nights looking for lorises, but they could not find any. This incident however establishes that there are slender lorises on the campus and their population must be looked at keeping in mind their shrinking habitat," added Dr Nagaraja.

While pruning branches and installing canopy bridges are some other solutions proposed by wildlife conservationists to ensure the safety of this primate, some highlight unrestricted public access to the campus, posing threat not only to the lorises but other wildlife too.

"The university has to regulate walkers' and outsiders' movements on its campus, especially in forests are biodiversity-rich areas. Campus authorities can think of installing canopy bridges on the lines of a similar initiative taken in the Western ghats area to facilitate the movement of lion-tailed macaques. However, the campus should not be open to the public as it disturbs wildlife," said a city-based wildlife conservationist.

> **"Authorities should ensure electric lines are shifted or insulated**
>
> – Dr BC Nagaraja, Bangalore University

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# Peenya: Get ready to drive with ease

## Peenya to receive 'citizen-friendly' road with footpaths made of recycled plastic

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TWEETS @BangaloreMirror

The Peenya industrial area is set to get a new model road aimed at improving the locality's infrastructure. This stretch sees high vehicle traffic on a daily basis and is also used by many factory and industrial workers.

The NTTF Road in Peenya near Radiall Factory will receive a new model road, wherein the footpaths will be made using grid mats, which are made of recycled plastic. Furthermore, the road surface will be created using stone mastic asphalt (SMA), a highly durable and resistant material suitable for heavy traffic. The drainage system will also be improved.

This project will be funded by private company Radiall under its corporate social responsibility (CSR) initiative, and will be executed by PotHoleRaja in collaboration with Bruhat Bengaluru Mahanagara Palike (BBMP). The project was kickstarted on Monday and the aim is to complete it within the next two months.

The model roads will be specifically designed with a citizen-friendly infrastructure in mind, including wide footpaths, high-rise pedestrian medians, and steel barricades to prevent two-wheelers from riding on footpaths. It will also have an efficient drainage system that will prevent flooding during monsoons, and utility trenches for cross wiring will be constructed to avoid disruption of any public utility services.

Sourabh Kumar, Director, PotHoleRaja, told Bangalore Mirror that the idea is to adopt a section of the road and develop it using CSR funds.

A new model road to be built on NTTF Road in Peenya

> **The SMA will be a mixture of asphalt cement along with stabilising agents such as fibres. This will increase the road's durability. We will use it for the first time** –Sourabh Kumar, PotHoleRaja

"For first year, we will take care of the road's maintenance. After one year, we will hand it back to the government for its maintenance. An MoU has been signed with the BBMP to adopt the road. A similar project was earlier executed from Dasarahalli Junction to ABB-Wistron Road, connecting to TVS Junction in Peenya, which was done very well," he said.

Looking at this, Peenya industrial associations want to carry out more such developments. We need more CSR initiatives like this that can help us in creating citizen-friendly infrastructure, and can have a large impact on the quality of life of the citizens in the area and improve road safety, he added.

In the model road, visible road markings and reflectors will as well be installed, and the roads will be made disabled-friendly with footpaths that are on the same level and without any breaks in between. In the later phase, 24/7 continuous CCTV surveillance will be set up to monitor the security of the model road.

Kumar pointed out that although NTTF Road is asphalted, it is now wearing out. In order to keep it intact, SMA will be used, which will be tried by their team for the first time.

"The SMA will be a mixture of asphalt cement along with stabilising agents such as fibres. This will increase the road's durability. We will use it for the first time and see its outcome," he explained.

Biju George, Managing Director, Radiall, said, "We believe in giving back to society and making a positive impact in the communities that we operate in globally. We hope that this road will not only enhance the safety and convenience of the citizens but also encourage many more corporations to contribute towards improving infrastructure."

# Byrasandra Lake: Facilities for all

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TWEETS @BangaloreMIRROR

> **I have been visiting the lake for many years to go walking. All these years, the lake was full of weeds and garbage**
>
> –Jagannath, a resident

Hundreds of residents of Byrasandra, GM Palya and other areas gathered to witness the much-needed basic facility being opened to the public. The recently developed and rejuvenated Byrasandra Lake was inaugurated on Sunday by CV Raman Nagar MLA S Raghu.

"Byrasandra Lake has been developed at an estimated cost of Rs 2.80 crore. The lake will be a destination for senior citizens and children in the morning and evening. We need more than Rs 30 lakh to construct two gazebos – one for senior citizens and the other one for children in the lake area," said Raghu.

Earlier, Bangalore Mirror published a story – 'Press the lake button' on November 25, 2022, narrating how the lake was full of weeds and garbage.

"There are a few pending works. We are also contemplating to decorate the compound wall constructed by the Bruhat Bengaluru Mahanagara Palike (BBMP) around the BMPL property with portraits of great personalities such as Sir M Visvesvaraya and others on par with the compound wall of Tuberculosis Hospital on Old Madras Road," he added.

Residents expressed happiness to have Byrasandra Lake officially inaugurated by their MLA. They said that they are very happy with the developmental works taken up at the lake.

"I am very happy to see the lake developed. Now the lake water is clean, all the amenities are provided at the lake for the benefit of residents. I come here every day for a walk in the morning and evening," said Rajagopal S, a resident of the area.

Other residents added that the rejuvenation of the lake was much needed.

Jagannath, another resident said, "I have been visiting the lake for many years to go walking. All these years, the lake was full of weeds and garbage. Now, the authorities have diverted sewage entering the lake. With this, the lake will have only rain water."

The vacant space on the lake bund is carpeted with green grass and many saplings are planted to ensure greenery around the lake. Marble benches have been put up for the benefit of visitors.

"Each of the proposed gazebo will accommodate around 20 people. It will help senior citizens to relax for a while and indulge in chit-chat with their friends after completing their rounds around the lake," explained Raghu.

The lake has two entrances – one from Kaveri Layout of GM Palya and the other one from Bagmane Tech Park.

"The people working at Bagmane Tech Park wanted to use the lake area for relaxation. Our MLA allowed them to use the lake area," another resident informed anonymously.

Reportedly, Rs 2.80 crore was spent for the development of the lake under the Nava Nagarothana Yojana from the MLA's local area development fund.

# Better late than never, infra

CONTINUED FROM PAGE 1

movement at this junction was not smooth with the traffic islands, especially the one in the middle of the junction, coming in the way.

Rajkumar Dugar of Citizens for Citizens (C4C) had conducted a survey along with a team by visiting the spot; the team even undertook a drone survey over three years ago. The traffic islands which were curvy in structure were hindering the traffic movement, the survey had found.

The survey highlighted that the traffic from Chalukya Hotel towards Bangalore Palace used to result in commotion due to the islands being curvy in shape. In another case, the vehicles coming from Le Meridien towards Jawaharlal Nehru Planetarium need to take a sharp turn because of the traffic island. While the other island on the right turn, which leads to the planetarium side, is also affected.

"In the past, we had approached many officials regarding this issue but nothing was taken up on ground. As time passed, the officials kept changing and we kept submitting letters to the new officials. However, recently, we submitted a letter to special commissioner (traffic), MA Saleem. The High Grounds traffic police have now acted on the issue along with the DCP (traffic) east Kala Krishnaswamy to ease the traffic. The Islands were designed long ago when the traffic wasn't so high. Now, with heavy traffic as well as traffic signals, the re-design of traffic islands will certainly help smooth flow of traffic thus helping evacuate more vehicles in a given time. However, it should be done in a time bound manner and without further delay," Dugar told BM.

"We have decided to smoothen the traffic flow. The traffic island at the junction will be removed and the BBMP will carry out the work," a senior traffic police official from High Grounds traffic police station said.

"We have already started the work at the junction. The island will be shortly removed. This will ease the bottleneck at the junction. The work will be completed in a time bound manner to help the commuters move easily and to save their travel time," BBMP executive engineer (TEC), HN Jayasimha said.

Junction of Sankey Road and Palace Road

# There's something foul in the water

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Floating dead fish has been reported in Iblur lake in south Bengaluru yet again, raising concern among locals over the deteriorating water quality of the water body.

"At least 25-30 dead fish were on the surface on Saturday morning. However, I did not notice any foul smell," said Dinesh Malpani, a regular walker at Iblur who reported the most recent episode.

Walkers and residents allege this is the fourth episode of fish kill in the lake over the past month. Now, a group of residents in the area has come together to investigate the root cause.

"Starting now, we will be testing the lake water quality twice a month, independent of BBMP or KSPCB. We want to ensure that there are multiple data points and that an independent test is done to compare results from all other tests, including by BBMP. We are trying to eliminate a scenario," said another resident of the area.

Locals say the idea behind conducting the water quality analysis is also to ensure that the health of the lake is restored once and for all.

"BBMP has been looking into it but has not been able to pinpoint the exact cause. Iblur, like any other lake ecosystem, has a few possible sewage entry points including the diversion channel and wetland area. We are planning to raise the wall of the wetland area by one-fourth," said another resident.

Locals rue that although residents in the area have expressed their willingness to actively, BBMP has not taken any initiative to collaborate with the local community.

**Iblur Lake fish kill causes alarm; activists want to conduct water analysis to ensure that the lake's health is restored**

According to the lake activists and experts, fish kills in the lakes of Bengaluru are due to the failure of various government agencies including the BBMP (lake custodian), BWSSB, and KSPCB.

"Despite 16 fish kill incidents in multiple city lakes last year, these agencies have not learned their lesson. It is surprising to see fish kill in Iblur as the lake's water quality has consistently been under class D as per KSPCB's reports," said Raghavendra B Pachhapur, a lake activist.

BBMP officials ruled out any water contamination in Iblur.

"The lake water is tested every month and water quality parameters are within the limits as prescribed by the Karnataka State Pollution Control Board. The water quality of STP is within the prescribed limit too. Fish kill incidents at Iblur can be the result of high temperature, which could have caused a drop in oxygen level in the lake," said a senior official of BBMP's Lake division.

# Traffic challan but the numbers don't add up

## Data says K'taka recorded only 36,159 e-challans and Rs 39 lakh in revenue from Sep 2019 to Feb 2023

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Experts say artificial intelligence helps monitor and catch traffic violations more precisely

From September 1, 2019 to February 28, 2023, Karnataka recorded 36,159 e-challan notices and a total revenue of just Rs 39 lakh. This data has come as a shock to city traffic police because as per the numbers, Karnataka has recorded the least number of e-challan notices as compared to other big states in the country.

The numbers are in stark contrast to the statistics of Rs 120 crore collected in traffic fines in February 2023 in Bengaluru.

The reply was submitted to Lok Sabha by ministry of road, transport and highways to answer the query related to implementation of the new traffic rules under the Motor Vehicles (amendment) Act, 2019.

The state has collected a revenue of Rs 39,06,829 which is far less than the revenue collected by other states like Maharashtra, Kerala and Tamil Nadu, which collected, Rs 6,03,79,46,427, Rs 3,42,52,18,628 and Rs 3,89,40,48,090 respectively.

However, experts said that there was discrepancy in data as in the first two months of 2023, the traffic police have registered more than 12 lakh cases of traffic violations under the Motor Vehicle Act.

MA Saleem, additional director general and special commissioner of police (traffic), told BM that the data was not correct.

"The data is not accurate because in the first two months itself we have collected Rs 150 crore and maximum are from AI cameras and technology. Also, from the past four months that I have been working, the department has not submitted any data regarding e-challan," he said.

Sanjeev Dyamannavar, transport expert, says, "If you compare the data with the number of vehicles in the state, it shows that the data provided to the Parliament is misleading. According to news reports, Bengaluru alone has more than 1 crore vehicle population as of 2022, so how come the data shows that only 36,000 challan notices were issued? The authorities should take action whoever compiled the data and gave it to the Parliament because this creates a wrong image of the state. Karnataka and especially Bengaluru is the IT hub of India where people take immense pride in use of technology in everyday life, this data however shows that we are lagging far behind than other states when it comes to using technology in regulating traffic."

Mobility expert from the Indian Institute of Science (IISc), Prof Ashish Verma, also says that the data presented is not accurate and there is also a need to lessen human intervention in recording traffic violations.

"The enforcement using technology should be credible 24 hours and 365 days. We need to use AI and technology to avoid human intervention because when there is human intervention, there is a chance of error and corruption. We don't have to compare different states with Karnataka because I believe that enough technology to detect cases is not being used in any state along with Karnataka. We have yet not reached a saturation level when it comes to using technology because there are so many new systems that can be introduced like speed guns or a new system to detect drink and driving cases," he said.

> **"This data shows that we are lagging behind other states when it comes to using tech in regulating traffic**
>
> –Sanjeev Dyamannavar, transport expert

Additional commissioner (enforcement) of Transport Department C Mallikarjuna says that in a month, the department will also be responsible for e-challan enforcement.

"As of now e-challan cases are not being handled by the transport department but the e-challan system will be introduced to the transport department in a few days, hopefully in the next month," he said.

IN BRIEF

## 'We must have a say'

In the wake of the controversial proposed Sankey flyover and road widening project, the citizens of Malleshwaram and neighbouring areas have come together to create a 'Climate Action Manifesto 2023-2024' for their constituency.

The manifesto was presented to the area MLA by Citizens for Sankey, a collective of residents from Malleswaram, Sadashivanagar, and Vyalikaval and the five-part manifesto focuses on robust mass public transportation and improving walkability. Residents say they decided to prepare a manifesto to ensure that citizens have a say in the developmental aspects of their area.

"To ensure what we visualise for our city is implemented, it is high time we become informed and work together with the government. As citizens, we often do not play a part in defining how we want our city to be. We are not sure the government is thinking from this perspective. This is the reason we decided to prepare the manifesto and submit it," said Preeti Sunderajan, a member, Citizens for Sankey.

**Malleswaram's citizens are armed with a call-to-action climate action plan**

The manifesto, according to the residents, will ensure that all governance decisions prioritise the environment, clean air, and public health. It also covers aspects such as the development and maintenance of model wards, ways to ensure coordination between decision-makers and citizens, and includes a course of action to build awareness and educate all citizens.

"A repeat of the Sankey Flyover debacle is unacceptable, and we want to safeguard the future of our city by ensuring that our elected representatives and civic bodies coordinate closely with us. Mechanisms must be set in place to ensure a smooth flow of information between all stakeholders," said another resident of the area. **BMB**

# Ropeways: The right solution?

## After Nandi Hills, many tourist places in Karnataka to get ropeway even as environmentalists raise caution against its devastating impact on nature

Citizens hope to avoid vehicular population after ropeway construction

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TWEETS @sridharVMIRROR

Even as the foundation stone for the state's first ropeway at Nandi Hills was laid on Monday, many of the popular trekking spots in the state are now under consideration.

According to the latest data, prefeasibility study has been completed for Chamundi Hills and Jog Falls, while a detailed prefeasibility study is in progress for Kodachadri (Udupi), Anjanadri (Koppal). Pre-feasibility studies are yet to be initiated at Nandi hills, Mullayanagiri, Devarayanadurga, Yana (Uttara Kannada), Kumara Parvatha (Kodagu district), Madhugiri Fort (Tumakuru district), Kemmanagundi (Chikkamagaluru), connecting islands located in Sagar backwaters (Shivamogga district), Rajhousegad (Belagavi), Chapeli (Uttara Kannada) and Joida (Uttara Kannada).

"We are taking a two-day trek to Kumara Parvatha, which is considered as one of the challenging treks. Now, we hope that if a ropeway is constructed, Kumara Parvatha can be covered in less than half a day. Similarly, Mullayyanagiri, the highest peak of Karnataka, is witnessing mega traffic jams and pile ups on weekends. We hope that if the ropeway is constructed, then the vehicular population can be completely avoided", said Sandesh Gowda, a college student.

While a few want the ropeways, the environmentalists say that it is not necessary and can destroy nature. According to them, protecting biodiversity is more important than opening up for tourism.

"It is certain that there will be damage to the environment during the ropeway construction phase. The ropeway will further make travel easier, resulting in more people travelling, which is not good for the environment," said Harish S, a green activist.

> **"It is certain that there will be damage to the environment during the ropeway construction phase**
>
> –Harish S, a green activist

On Monday, Chief Minister Basavaraj S Bommai laid the foundation stone for the ropeway at Nandi Hills. In fact, there has been a push for a ropeway at Nandi Hills at the earliest. The department of tourism had recently signed a concession agreement for development of passenger ropeway at Nandi Hills for a project cost of Rs 93.40 crore. The project will be developed on a public private partnership (PPP) model.

An official from the tourism department said, "Nandi Hills is home to some historical sites and heritage monuments, and is also famous for its trekking trails, cycling routes, and adventure sports such as paragliding. The fast and environment friendly transportation facility like ropeway will save the time to reach Nandi Hills and will reduce pollution in the area apart from offering scenic aerial views."

The development of the ropeway will not only improve connectivity but also attract more tourists to Nandi Hills, he added.

The rope way will be 2.93 km long and will have 18 towers with a round trip time of 28 minutes with 50 cabins and 10 passengers in each gondola. The project will also include development of modern amenities for tourists like restaurants, food court, shops, etc.

## IN BRIEF

### K'taka issues new covid advisory

Following Centre's advisory on the rise in covid cases across the country, Karnataka on Monday issued a fresh advisory on the proactive steps to be taken to minimise the spread of the highly infectious disease. The state's advisory was a follow-up of a letter written by Union Health Secretary Rajesh Bhushan earlier where he had asked states to take up various steps for avoiding overcrowded and poorly ventilated settings, particularly by co-morbid persons and the elderly.

"Wearing of masks by doctors, paramedics and other healthcare workers as well as patients and their attendants within health care facilities should be encouraged. It is also suggested that people can wear masks in crowded and closed settings. Using handkerchief/tissue to cover nose and mouth while sneezing or coughing is necessary while maintaining hand hygiene/frequent washing of hands should be encouraged," he said. —BMB

### BJP MLA arrested in corruption case

Lokayukta police have arrested MLA Madal Virupakshappa, who was involved in corruption charges.

Madala Virupakshappa, who left in a private car after completing the election program after the interim bail granted by the High Court, was arrested near Tumakuru. Last month Virupakshappa's son was caught receiving Rs 40 lakhs bribe in the MLA's office.

The bail application of BJP MLA Madal Virupakshappa in a corruption case involving Karnataka Soaps and Detergents Limited was denied by the High Court of Karnataka on Monday.

Last week, the HC had postponed making a decision in the case. The lawsuit relates to the alleged demand and receipt of bribes in order to award the state-run enterprise a contract for the delivery of chemicals.

# Everything you need to know about multiple myeloma

Bangalore Mirror Bureau
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Unexplained anaemia, bone pain and reduced functioning of the kidney are some of the symptoms of multiple myeloma (cancer of plasma cells), said doctors of Manipal Hospital, while addressing an awareness session organised by Bangalore Mirror and Vijay Karnataka recently. As March is observed as Myeloma Awareness Week, the doctors busted some of the most common myths around the illness.

According to the doctors, it is important for people to remember that a diagnosis of cancer is not a death sentence.

Dr Mallikarjun Kalashetty (Consultant - haematology, haemato oncology and bone marrow transplantation, Manipal Hospital, Old Airport Road) explained that cancer can be categorised as solid tumours (organ tumours) or liquid tumours (blood cancers). Multiple myeloma is a slowly progressive cancer and though the diagnosis is simple, patients would not know for months or years and may be visiting many specialists for the other problems they experience.

"The diagnosis of multiple myeloma can be established in one to three days or even less. Most blood cancers arise from bone marrow so we do a bone marrow test. A combination of blood test and bone test can confirm myeloma. We consider the patient's health condition before providing individual therapy for such patients," he explained.

Dr Satish Kumar A (Consultant - Hematologist & Hemato-Oncologist, Manipal Hospital, Yeshwantpur and Hebbal) stressed that there is no definitive answer as to why someone gets cancer.

"We have seen that the chances of cancer grow with age. In fact, one in five can be prone to cancer after they cross 80 years of age. Many ask us if lifestyle can help in preventing cancer. It may or may not be so for solid tumours but multiple myeloma cannot be prevented by lifestyle change," he informed.

> **Experts say that the diagnosis of multiple myeloma can be established in one to three days or even less**

Some of the solid tumours can be treated if detected at the earlier stages but for blood or bone marrow cancers, the treatment will be the same for any stage, he added.

Experts suggest that regular follow up is important to assess the condition of the patient.

"For many young patients, bone marrow treatment is an essential component. We need to first control the disease before the transplant is done. Bone marrow transplant is essential and can help people restore normalcy if they are eligible for transplant," said Dr Ashish Dixit, (Consultant - haematology, haemato oncology and bone marrow transplantation, Manipal Hospital, Old Airport Road).

# BOT & SOLD

## In hurry to join chatbot revolution, tech firms may be throwing caution to the wind

Tech titans are rushing to stake claim in the AI chatbot market, but they're trading off all-important transparency in the rush.

In March 2023, OpenAI released its newest chatbot, GPT-4. It's a name that sounds more like a rally car than an AI assistant but it heralds a new era in computing.

Google responded with Bard, its more grandly named search chatbot. Chinese search giant Baidu launched its cheeky-sounding Ernie Bot. Salesforce demoed its serious sounding Einstein GPT chatbot. And Snapchat, announced its My AI chatbot.

It's now fashionable for every tech platform and enterprise software company to have an AI chatbot providing an intelligent interface to their software.

It may soon look and sound like the Hollywood movie Her. We will interact with our smart devices through AI chatbots.

We're still working out what these chatbots can do. Some of it is magical. Writing a complaint letter to the council for an undeserved parking ticket. Or composing a poem for your colleague's 25th work anniversary.

But some of it is more troublesome. Chatbots like ChatGPT or GPT-4 will, for example, make stuff up, confidently telling you truths, untruths and everything in-between. The technical term for this, according to experts, is "hallucination".

The goal isn't to eliminate hallucination. The aim is to prevent the chatbot from hallucinating things that are untrue.

Eventually the problem of chatbots hallucinating untruths is likely to be addressed, along with other issues such as biases, a lack of references and concerns around copyright when using others' intellectual property.

Disturbingly, tech companies are throwing caution to the wind by rushing to put these AI tools in the hands of the public with limited safeguards or oversight.

For the last few years, tech companies have developed ethical frameworks for the responsible deployment of AI, hired teams of scientists to oversee the application of these frameworks, and pushed back against calls to regulate their activities. But commercial pressure appears to be changing all that.

At the same time as Microsoft announced it was including ChatGPT into all of its software tools, it let go of one of its AI and Ethics teams. Transparency is a core principle at the heart of Microsoft's responsible AI principles, yet Microsoft has been secretly using GPT-4 within the new Bing search for the last few months.

Google, which had previously not released its chatbot LaMDA to the public due to concerns about possible inaccuracies, appears to have been goaded into action by Microsoft's announcement that Bing search would use ChatGPT.

Google's Bard chatbot is the result of adding LaMDA to its popular search tool. Deciding to build the Bard chatbot proved an expensive decision for Google: a mistake in the Bard's first demo wiped USD 100 billion off the share price of Google's parent firm, Alphabet.

OpenAI, the company behind ChatGPT, put out a technical report explaining GPT-4. OpenAI's core mission is the responsible development of artificial general intelligence — AI that is as smart or smarter than a human.

But the OpenAI technical report was more white paper than technical report, having no technical details about GPT-4 or its training data. OpenAI was unashamed in its secrecy, blaming the commercial landscape first and safety second.

**There is a fast-opening chasm between what technology companies are disclosing and what their products can do that can only be closed by government action. So we can expect more regulation soon**

AI researchers cannot understand the risks and capabilities of GPT-4 if they don't know what data it is trained on.

There is a fast-opening chasm between what technology companies are disclosing and what their products can do that can only be closed by government action. Expect regulation. We can look to other industry areas for how that regulation might look. In high-risk areas like aviation or pharmacology, there are government bodies with powers to oversee new tech.

We can also look to Europe, whose forthcoming AI Act has a big risk based focus. Whatever shape this regulation takes, it is needed if we are to secure the benefits of AI while avoiding the risks.

***(Toby Walsh, UNSW in Sydney, 360info.org, for The Conversation)***

## 'Grim' warning from Europol

Criminals are set to take advantage of artificial intelligence like ChatGPT to commit fraud and other cybercrimes, Europe's policing agency warned on Monday.

From phishing to disinformation and malware, the rapidly evolving abilities of chatbots will be used not only to better mankind, but to scam it too, Europol said in a new report. "The potential exploitation of these types of AI systems by criminals provides a grim outlook," The Hague-based Europol said.

Europol's new "Innovation Lab" looked at the use of chatbots as a whole but focused on ChatGPT during a series of workshops as it is the highest-profile, it said.

Criminals could use ChatGPT to "speed up the research process significantly" in areas they know nothing about, the agency found. This could include drafting text to commit fraud or give information on "how to break into a home, to terrorism, cybercrime and child sex abuse," it said.

The chatbot's ability to impersonate speech styles made it effective for phishing, in which users are tempted to click on fake links that then try to steal their data, it said.

ChatGPT's ability to quickly produce authentic sounding text makes it "ideal for propaganda and disinformation purposes, as it allows users to generate and spread messages reflecting a specific narrative with relatively little effort."

ChatGPT can also be used to write computer code, especially for non-technically minded criminals, Europol said. "This is useful for those criminal actors with little knowledge of coding," it said. **AFP**

## BITS & BYTES

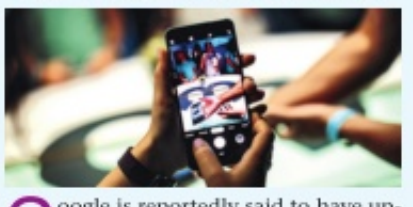
### PLUG THE LEAK

Some parts of Twitter's source code — the fundamental computer code on which the social network runs — were leaked online, the social media company said in a legal filing that was first reported by The New York Times.

According to the legal document, first filed with the U.S. District Court of the Northern District of California on Friday, Twitter had asked GitHub, an internet hosting service for software development, to take down the code where it was posted. The platform complied and said the content had been disabled, according to the filing.

Twitter, based in San Francisco, noted in the filing that the postings infringe on copyrights held by Twitter. **AP**

### NO NEED FOR ALARM

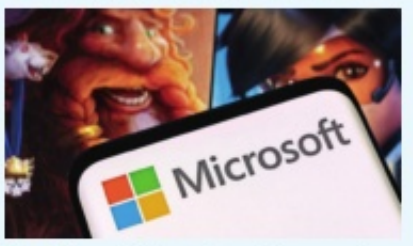


Google is reportedly said to have updated the Pixel Adaptive Charging feature, which now appears to work without setting an alarm.

This smart feature aims to "help preserve long-term battery life" by not charging to 100 per cent until users wake up. Their Pixel device will hold at 80 per cent and use their morning alarm to determine when it is ready to unplug, according to 9to5Google.

"When you charge your phone between 9 p.m. and 4 a.m. with an active alarm set for 3-10 a.m., your phone may use Adaptive charging. This feature must be turned on for your phone to use it," the company said. **IANS**

### STOP, OR WE WILL...




Microsoft Corp has threatened to cut off access to its internet-search data, which it licenses to rival search engines, if they do not stop using it as the basis for their own artificial intelligence chat products, Bloomberg News reported on Friday.

The company has told at least two customers that using its Bing search index - a map of the internet that can be scanned in real time - to feed their AI chat tools violates the terms of their contract, the news agency said. Redmond, Washington-based Microsoft may also terminate licenses providing access to its search index. **Reuters**

# Of toxic air pressure

CONTINUED FROM PAGE 1

hospital the very next day after she arrived as her asthma worsened.

"She was in the ICU for a week before she was discharged. She decided to leave immediately and went back to Mysuru. The doctors mentioned that her asthma was aggravated by the toxic environment created due to the stench emanating from the waste processing unit. Moreover, we ended up paying nearly Rs 1 lakh for her treatment. Will BBMP pay us back?" asked Usha.

According to the residents, most of the residents living around the unit are facing some health issue or the other. Children are falling ill frequently, and elders have developed breathing problems. Many in the area have also developed skin allergies.

"We shifted during the coronavirus pandemic when the plant was not operating due to a National Green Tribunal order. There is no buffer zone at all. We used to have peacocks visiting the area earlier from the nearby Turahalli forest. However, they stopped coming after the plant became operational a year ago. Any food item unattended for a few seconds is covered in flies. We are left with no other option but to spray chemicals to ward off the flies," said Rashmi Deshpande, another resident of the area.

Residents said most of the households are facing a fly infestation. Maintaining hygiene is difficult as houseflies are all over the place.

"Even a glass of water will be completely covered in flies if left unattended for a few minutes. The stench from the plant starts early in the morning at 4:00 am and continues throughout the day. Everyone is worried as we are all continuously inhaling toxic gas," lamented Shantha Nagaraj, another resident.

Due to what the local citizens describe as an unliveable condition, many said they wish they had the means to move out to other areas.

"We do not want to breathe in so much toxic air. However, many in the area have already taken loans to construct houses during covid-19. We are left with no other option but to stand our ground and ensure that the plant is shifted from this place," said another resident.

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I, SNEHA PRADEEP KHEDEKAR, W/o. Sridhar C. Residing at D-104, Ittina Mahaveer Apartment, Neeladri Nagar, Electronic City Phase-1, Bangalore 560100. Karnataka, India, have changed my name to SNEHA SRIDHAR, vide affidavit dated: 20.03.2023 before notary B.V. Nagabhushana, Bengaluru.

I, Sameena Taj, R/a,#176, Coronation Rd, New Town, Bangarpet-563114. I, have changed my minor Daughter old name NASHRAH MOHAMMADI HURMATH to New Name NASHRA MOHAMMADI, vide affidavit dated 14/03/2023 sworn before notary V.Rajashekhara, Blre.

I, Karthik Arumugam and residing at No.101, SML Iris Remco Housing Society, Pattanagere, R.R Nagar, Bangalore 560098 have changed my minor Son's name from LAKSHIV to LAKSHIV KARTHIK vide affidavit dated 23.03.2023 sworn before notary B V Nagabhushana, Bengaluru.

I, TEJDEEP IDAGUTTA, S/o. Ajaykumar, Residing at No.124 9th Cross, BDS Nagar, K Narayanapura, Kothanur, Dr.Shivaramakaranth Nagar, Bangalore 560077. Karnataka, India, have changed my name to TEJDEEP INJAMURI vide affidavit dated: 27.03.2023 before notary B.V. Nagabhushana, Bengaluru

I, VEERESH, S/o. Sabanna, Residing at No.264, 8th Cross 4th Main, Ganesha Block, Mahalaxmi Layout, Bangalore 560096 Karnataka, India, have changed my name to VEERESH SABANNA, vide affidavit dated: 20.03.2023 before notary B.V. Nagabhushana, Bengaluru

I, Shylaja sree w/o Bhuvana Yoga Bhanu VB R/o #6 Akshaya Spoorthi, Vigneshwara street Bank Avenue Babusapalya, Bengaluru 560043 have changed my name to Shylaja shree affidavit Dt.27/03/2023 notary Ganesh Gowda M.V, B'luru

I, Meena Kumaran Mudaliar W/o Kumaran Narayanswami Mudaliar R/o 141, Empyrean, Lakkur Hobli, Anchemuskuru, Chikkathirupathi, Kolar 563160 have changed my name to Meena Kumaran affidavit Dt.27/03/2023 notary Ganesh Gowda M V, B'luru

I, Arnab Chakraborty S/O Mr Balaram Chakravorty R/O Sambalpur, Odisha have changed my name from Arnab Chakraborty to Arnab Chakravorty for all future purposes vide affidavit dated 1/11/2022 before notary A.C. Bhoi.

I Ashok kumar r/o A105, Vijayashree Eldorado Bidere Agrahara,Behind Safal Market, B'lore 560115 have changed my minor son's name from Aadit to Aadit Dudpuri for all purposes.

I Sanjay Suresh Prasad Gupta S/O, Suresh Prasad Gupta R/o A 2304, Queens Gate, House Of Hiranandani, Akshay Nagar, Begur Hobli, Begur Village, Bengaluru 560068 have changed my name to Sanjay Gupta

I, Yashoda Makam W/o, Vijaya Kumar Makam R/o No.52,4th Cross, Mountview Layout, Basavanapura, KR Puram, B'lore -560049 have changed my name to Yashoda Makam Vijayakumar for all purposes.

I, Akasha Chandrakant Menase S/o Chandrashekhar Menase, R/o 12/3a, Milkman Street, Halasur, B'luru-560008 have changed my name to Akash Chandrashekhar Menase affidavit Dt.27/03/2023 notary Ganesh Gowda M.V, B'luru

I Sukanya B.K W/o Narasimha Murthy K.G R/o F.No.506, No.73, Pavithra Residency, Rose Garden Road, puttenahalli, B'lore-560078 have changed my name to Sukanya Murthy B. K for all purposes.

I, Paul Jose R/o 017, Ds Max Solitare, Kalkere Agara Main Rd, Horamavu, Blore 560043 have changed my minor son's name from Noah Paul to Noah Vinod Paul for all purposes.

I, Hassan Basha S/O Mohammed Ebrahim Kamaluddin # 31 North Road B'lor 84 have changed my name to Kamaluddin Mohammed Hassan Basha for all purposes.

I, Paul Jose R/o 017, Ds Max Solitare, Kalkere Agara Main Rd, Horamavu Blore 560043 have changed my minor son's name from Daniel Paul to Daniel Joseph Paul

I J Harya Naik R/a FB-427 HAL central township Near Borewell Bus stop Bengaluru-560037 changed my daughter's name from J.Harshini to Harshini Jatoth dt-27/03/23

I Neha W/O, Vijay Kumar Sharma R/o No. 31 , 9th Main Ganesh Temple Road Lakshmi Sagar Layout Mahadevpura Post 560048 have changed my name to Neha Sharma

I, Sumaiya Banu w/o Muzammil Hayath R/at # 31 North Road B'lor 84 have changed my name to K H Sumaiya Banu for all purposes.

I, Sharfunnisa W/O K Mohammed Hassan Basha # 12 6th Cross B'lor-78 have changed my name to V T Sharfunnisa for all purposes.

I Shivang Biren Bhatt S/O, Birenbhai Bhatt R/o Snn Raj Serenity, Begur Koppa Road, have changed my name to Shivang Birenbhai Bhatt

GALLERIA

**HEALTH TIP:** Taking a multivitamin and multimineral or iron supplement can be beneficial in topping up iron for women who may be experiencing heavy periods

Healthy gums are pink but pale gums can be a sign of anaemia, commonly due to an iron deficiency

# BREATHE EASY

## Incredible research is finding solutions for asthma in unexpected places, from tins of baked beans to farmyard dust

One in every 12 adults and one in every 11 children has asthma in the UK. Since their introduction more than 50 years ago, inhalers have drastically improved the lives of those people living with asthma.

But there is still much to be discovered about managing the disease, which claims four victims each day, with breakthroughs coming from some very surprising places.

### Something in the air

Around half the children who experience preschool wheezing go on to develop asthma by school age.

This wheezing is caused by airway hyper-responsiveness, where the small airways of the lungs become more sensitive to elements such as dust, or allergen particles from animal hair or house dust mites.

But, fascinatingly, research has shown that children who are brought up on farms are less likely to develop preschool wheeze. And rather than being a result of living with cleaner, country air than their townie peers, experts believe the benefits could come from farmyard dust.

The study, by Professor Sejal Saglani and her team at Imperial College London, funded by Asthma + Lung UK, has been examining whether the benefits could come from exposure to a common bacteria found in farmyards called acinetobacter iwoffii, which appears to alter inflammatory responses, preventing hyper-responsiveness and wheezing.

"If this bacteria could be made into a treatment in some way, it could help prevent the development of preschool wheeze or reduce the impact triggers have on those with this type of asthma," says Dr Samantha Walker, director of research and innovation at Asthma + Lung UK.

### Baked beans

While a balanced diet helps keep anyone healthy, when it comes to exercise-induced asthma (caused by a narrowing of the airways during or after exertion), keeping an eye on what you eat may be of particular benefit.

### GUT Help: Baked bean booster

A study by Nottingham Trent University has shown foods such as Baked beans, bananas and yogurt, which all contain natural plant fibres called prebiotics, help reduce the likelihood of this of asthma attack.

Neil Williams and his team conducted a study of adults with exercise-induced asthma to see what boosting good bacteria in the gut by taking the prebiotic B-GOS could do. The participants took the supplement for three weeks before crossing over on to a placebo.

Dr Williams found that the prebiotic cut the severity of exercise-induced asthma attacks and significantly reduced blood markers indicating airway inflammation.

It also completely stopped the increase in chemicals associated with airway narrowing after exercise.

While larger studies are needed to investigate the effects of diet, Dr Williams is hopeful, saying: "Our study shows this particular prebiotic could be used as a potential additional therapy for exercise-induced asthma ."

### Body clock biology

Our body clocks impact biological processes and are known to influence how well we respond to medical treatments. Research by Dr Hannah Durrington, a consultant in respiratory medicine and a senior clinical lecturer at the University of Manchester, has been looking at how our circadian rhythm can affect asthma symptoms.

Asthma is "highly rhythmic", something people with asthma will recognise all too well, as symptoms often worsen at night and in the early hours of the morning.

Dr Durrington is keen to find out whether chronotherapy - timing when you take medication or other treatments according to when it's likely to have the greatest benefit - could help those with the condition keep asthma symptoms under control.

"It is really exciting to think my research could help doctors assess if a patient's symptoms are at their worst depending on the time of day, and identify exactly when people should take their inhalers to keep them well," says Dr Durrington.

### No one wants worms in their guts - or do they?

Research led by Dr Henry McSorley, at the Medical Research Council Centre for Inflammation Research at the University of Edinburgh, along with Professor Rick Maizels at the University of Glasgow, has found that roundworms - parasitic worms that live in the intestines - could potentially help people with T2 asthma, which is triggered by an allergic response to dust, chemicals or pollen.

The researchers discovered that people who live in places where these worms are common, for example in South East Asia, are less likely to have asthma. They believe this could be because the worms release a protein molecule, HpARI, which prevents its host from having an allergic reaction.

"We have known for some years that infections with parasitic worms appear to protect against asthma," says Dr McSorley. "We have always believed that identifying exactly how could inspire new treatments. By identifying this new protein, we have found a new way of suppressing the allergic responses which cause asthma."

Dr McSorley and Professor Maizels hope that in the next five to 10 years scientists could harness this protein as the basis for asthma treatments, to reduce and even prevent allergic responses that cause symptoms or lead to attacks.

### Get appy

Because asthma symptoms can be so variable, it's important to be able to measure and monitor them effectively.

A project co-funded by Asthma + Lung UKis bringing digital HEALTH experts together from King's College London, University of Plymouth and Queen Mary University London to study the potential for new monitoring technologies.

This includes a smartphone-based app called Wheezo, used in conjunction with a special breath sensor to detect the presence of wheezing.

The app keeps a daily record of the user's wheeze rates and other clinically relevant data, such as symptoms, triggers and medication usage.

This is then correlated with environmental data, such as pollen count and air quality, which over time helps to build a personal asthma profile to identify factors contributing to the user's asthma symptoms.

The information can be shared with medics or family to help children and their carers better manage asthma between visits to a doctor and improve their asthma care overall.

*Daily Mirror*

## All problems solved

*Dear Coleen*

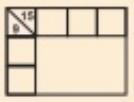
**I'm a woman in my mid-30s and I've found myself in a bit of a rut lately and don't know how to get out of it.**
**First of all, my husband and I have been struggling to conceive for quite some time.**
**Meanwhile, my sister is pregnant with her second child and it's just a constant reminder of what I haven't got. It feels really hard to deal with.**
**I have also recently been diagnosed as autistic, so I'm having to come to terms with that, too, and process what it means for me.**
**I'm different from my siblings; my brother and sister both went to university (I didn't) and got really good jobs after they graduated. Although I've worked my whole life it's never been in decent jobs.**
**I suppose what I'm trying to say is that I'm feeling a little bit irrelevant to everyone at the moment.**
**I don't mind admitting that all of it is really getting me down and I'd appreciate any advice you can give to help me feel better.**

**COLEEN SAYS**

Firstly, on a practical level, if you've been trying for two years to conceive without success, then see your GP to get some initial fertility tests. It might help you relax to know everything is in working order and, if there are any problems, then you can look at treatment options available to you.
It's very hard to see people getting pregnant and having babies when it's not happening for you, but it might help to tell your sister how you feel. Acknowledging it and saying it out loud might be a relief and it'll make your sister aware that you're feeling sensitive at the same time.
In terms of the autism diagnosis, I think this is a very positive thing. I'm sure it'll help you make sense of lots of things from your past and help you move into the future positively.
Everything comes down to talking, so don't bottle up your feelings any more. Get them out and I promise you'll feel lighter and more positive.
**—Coleen Nolan, Daily Mirror**

## Kakuro

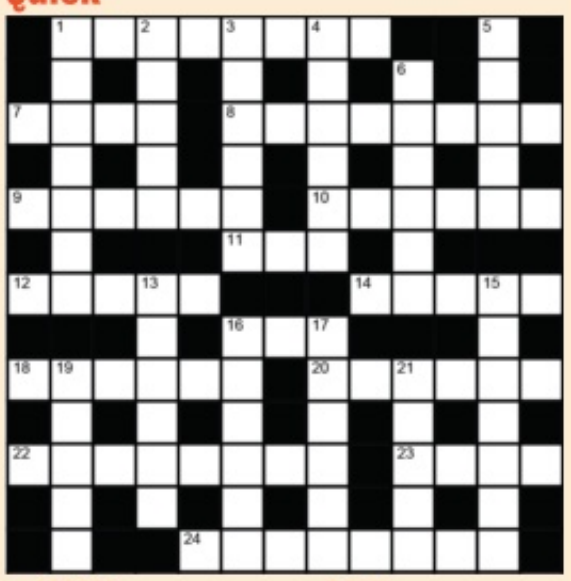
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.

## Quick



**ACROSS**

1 Hawaiian capital (8)
7 Revolvers, pistols, etc (4)
8 Renowned film maker ___ Ray (8)
9 Defer consideration of plans etc. (6)
10 Almost (6)
11 Full stop mark (3)
12 Old capital city of Japan (5)
14 Oozes through (5)
16 Floor covering (3)
18 Pacific island (6)
20 Church instruments (6)
22 Has within it (8)
23 Manner or bearing (4)
24 Be very eager about something? (4,2,2)

**DOWN**

1 Arrogant (7)
2 Of the nose (5)
3 Registered, entered or itemised? (6)
4 Concealed (6)
5 Stationary (5)
6 French woman (6)
13 Number of districts in our state (6)
15 Sharp and tangy to taste (7)
16 Environment or surroundings (6)
17 An unpredictable phenomenon (4,2)
19 Call off (5)
21 The full range (5)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: O EQUALS U**

YE'N ZXE EWG WXOUN QXO BOE YZ QXOU PXUT EWRE DXOZEN, YE'N EWG PXUT QXO BOE YZ EWG WXOUN.

## Linemaro

I was wondering why it suddenly became hot till I turned around and saw you

## Mindchow

When you feel the depth, the delight and the ecstasy of love in your heart, the world is transformed for you

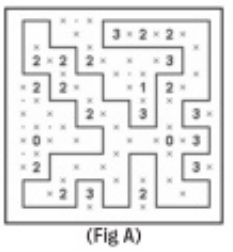
## Joke of the day

Roses are red, violets are glorious, don't try to surprise
– Oscar Pistorius

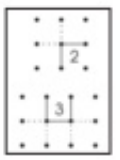
## Loop

**Rules**

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

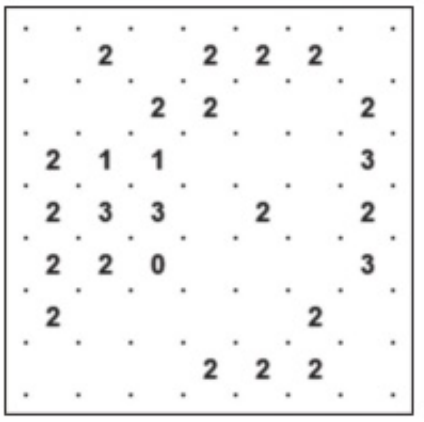


(Fig B) Not Allowed

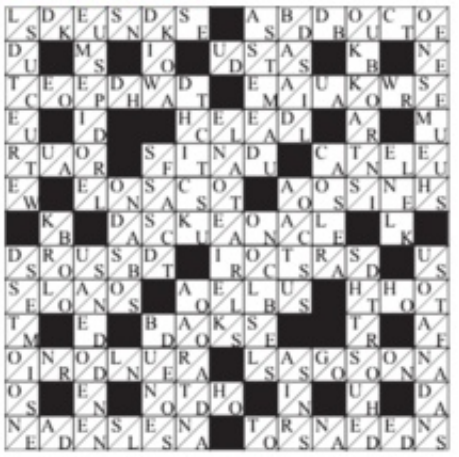
**How to begin:**

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | H | |

**ACROSS**

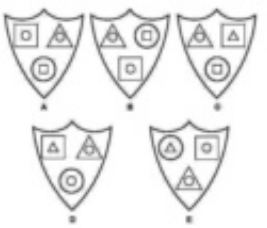
1 NY att.; 6 Eager; 7 Boson; 8 Are to; 9 Bahts

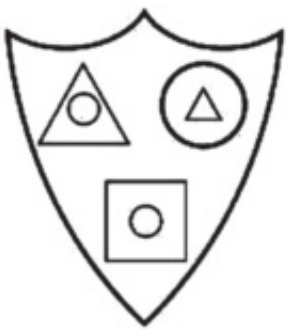
**DOWN**

1 An bob; 2 A Argo; 3 Tarot; 4 He TNT; 5 Essey

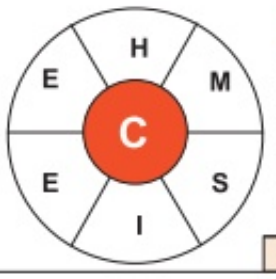
## Mensapuzzle

Which shield below is most like the shield above?





## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

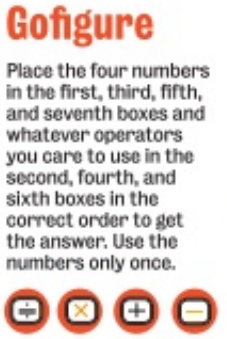
## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | 8 | | 5 | | 6 | | 7 |
| 5 | | | 8 | | 7 | | | 9 |
| | | | | | | | | |
| | 2 | | 4 | 6 | 9 | | 5 | |
| | | | | | | | | |
| | 8 | | 3 | 7 | 5 | | 1 | |
| | | | | | | | | |
| 9 | | | 2 | | 3 | | | 6 |
| 7 | | 3 | | 9 | | 1 | | 8 |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



**Easy** = 5
3 4 6 8

**Medium** = 4
5 5 5 9

**Hard** = 37
2 5 7 3

## Hocusfocus

Find at least six differences in details between panels.

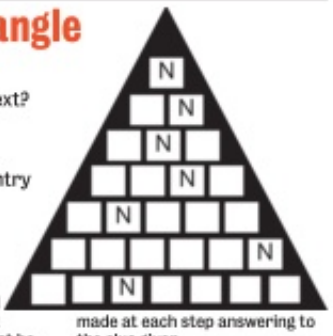
**Differences:** 1. Cow's foot is moved. 2. Arm is added to chair. 3. Spot on cow's back is smaller. 4. Cap is larger. 5. Tail is longer. 6. Doorknob is higher.

## Riddler

Guess this prefix... I change something weighing two thousand pounds into a small, light container. I turn a food that is decaying into one that isn't. I turn a whole country into a small flower. I change something alive into something flat and not alive.

## Alpha triangle

1 One of the poles
2 A's alternative
3 What happened next?
4 Cold and damp
5 Manipulate dough
6 Tarnish or stain
7 Scandinavian country




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Redeye by Mel Casson

## Bizarrotrip

## Diamond Lil

## Hart of the city

## Crankshaft

A BUNCH OF MOTHERS RAISED A FUSS LAST NIGHT AT THE SCHOOL BOARD MEETING OVER THE GLITTER BAN ON YOUR BUS!
THEY SAID IT VIOLATES THEIR CHILD'S PERSONAL FREEDOM OF EXPRESSION...
AS WELL AS THEIR CONSTITUTIONAL RIGHT TO GLITTER!

## Mutts

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today you may feel dissatisfaction and may not be able to take on your responsibilities. Your investments may give you some loss. You are advised to read documents carefully before putting your signature. Your parent's health may make you upset. You may plan to reconstruct your office, but it is advised to postpone renovation for some days.

**Taurus** Apr 21 – May 20
Today you may plan to migrate from your current place to another place. It is advised to think twice before making decisions regarding migration or a change of place. You may also plan to change jobs. There will be peace in the mind, but your kid's health might make you upset. Love birds shall keep patience before taking an important decision in terms of marriage.

**Gemini** May 21 – Jun 21
Today you may have good patience. Meditation may help you increase concentration, which may help speed up your project. Your subordinates may cooperate with you, which may help you complete the project before the timeline. You are likely to go on some short travels related to work. An influential person may help you boost your network.

**Cancer** Jun 22 – July 23
Today you may be busy with family get-togethers and social events. You may become polite with the people around you, which may increase your prestige among them. You may spend money on buying some artifacts or household stuff, which may improve your social status. You are likely to hear some good news from one of your relatives.

**Leo** Jul 24 – Aug 23
Today you may be happy and blessed by the moon. You may feel healthy, which may reflect in your way of working. You may perform well in all areas of life, which may improve your prestige. Your concentration may be very good today, and you may make some difficult decisions in your business in terms of growth.

**Virgo** Aug 24 – Sep 23
Today your vital power may slow down, and your old disease may reappear, which may make you upset. You are advised to avoid adventure tours or rash driving. You are advised to avoid any type of litigation; you may settle it out of the jury. You may also plan for some work-related tours.

**Libra** Sep 24 – Oct 22
Today you may start your day with happiness. At work, you may take quick decisions, which may increase your management skills and give benefits in the near future. You may expect some new sources of income, which may boost your savings. With the help of your business partner, you may invest some amount in the business.

**Scorpio** Oct 23 – Nov 22
Today you may be busy at your office. Due to mental tiredness, you may not be able to give time to your family. With the help of elders' blessings, job seekers may get some high position in the job, and managers may get promoted to top management. You may get rewards, which may increase your status. Professionally, you may do better.

**Sagittarius** Nov 23 – Dec 22
Today you may feel some positive vibrations around you, which may show you the right path. With the help of peace in mind, your performance on every front may be noticeable. Your destiny is with you. You may plan to visit a religious place that is somehow far from your territory. Your inner sense may ask you to do some charity.

**Capricorn** Dec 23 – Jan 20
Today you may feel some internal weakness. Some major health issues may reoccur, and you may not be able to enjoy the domestic and professional fronts. Running projects may stop unexpectedly, which may make you upset. You are advised to drive safely. Elders' blessings may help you come out of the messy situation.

**Aquarius** Jan 21 – Feb 19
Today you may feel positive vibrations around you and things may seem to be under control. You may plan to start a new business in partnership with someone. Long-distance travel may also be on the cards for you. You may build trust with your spouse, which will bring harmony to your domestic life.

**Pisces** Feb 20 – Mar 20
Today is a good day for you; investors may get good gains on their investments, which can boost your financial health. Money that was stuck may be recovered, which can increase liquidity in your business. You may become confident and gain control over hidden enemies and opponents. Singles may find their match in the same field or workplace.

## KIDZONE

Kaveri Sriram, 8 years, IISB School

Idhaant Trivedi, 8 years, Vibgyor High School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

## SOLUTIONS

**RIDDLER**
The prefix is "CAR-". | change something | weighing two thousand | sand pounds into a | small, light container. CARton | turn a | food that is decaying into one that isn't. CARrot | turn a | whole country into a | small flower. CARnation | change | something alive into | something flat and | not alive. CARpet

**SOLVE IN 1M**
= 8 + 2 × 8 + 9 / 9
= 8 + 16 + 1
= 25

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| B | A | T | H | S |
| O | R | A | T | E |
| B | O | O | N | S |
| A | G | R | E | E |
| N | A | T | T | Y |

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | D | E | S | S | A | | T | R | A | D | E | S | | |
| S | | N | | N | T | H | | I | | D | | | | |
| S | | N | O | N | S | E | N | S | E | | | | | |
| I | R | O | N | E | R | | L | A | G | O | O | N | | |
| M | | D | | D | O | S | E | | R | | A | | | |
| E | O | N | S | | A | L | B | S | | H | O | T | | |
| D | O | U | B | T | | I | O | T | A | S | | S | | |
| B | | A | S | K | A | N | C | E | | L | | | | |
| E | | E | N | A | C | T | | A | S | S | E | S | | |
| U | | I | | H | E | A | L | | A | | U | | | |
| R | U | R | | F | I | N | D | | A | T | E | E | | |
| T | O | P | H | A | T | | M | I | A | O | M | S | | |
| S | K | U | N | K | S | | A | B | D | U | C | E | | |

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | T | | | | | | | | | | | | |
| | R | | Y | | E | | U | | | | | | | |
| C | O | N | T | A | I | N | S | | M | I | E | N | | |
| | B | | R | | L | | S | | A | | G | | | |
| T | A | H | I | T | I | | O | R | G | A | N | S | | |
| | H | | | | M | A | T | | | | U | | | |
| K | Y | O | T | O | | | | S | E | E | P | S | | |
| | T | | | | O | O | T | | M | | | | | |
| S | H | E | L | V | E | | N | E | A | R | L | Y | | |
| G | U | N | S | | S | A | T | Y | A | J | I | T | | |
| | A | | A | | I | | A | | M | | | L | | |
| H | O | N | O | L | U | L | U | | | | | S | | |

**MENSA PUZZLE**
E: It contains a triangle in a circle, a circle in a square and a circle in a triangle.

**BULL'S EYE**
CHEMISE, chime, mice, scheme

**QUOTE UNCODE**
It's not the hours you put in your work that counts, it's the work you put in the hours.

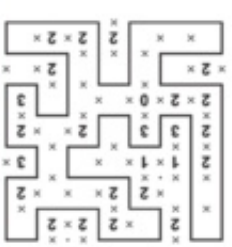
**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 1 | 8 | 9 | 5 | 2 | 6 | 3 | 7 |
| 5 | 3 | 6 | 8 | 1 | 7 | 2 | 4 | 9 |
| 2 | 7 | 9 | 6 | 3 | 4 | 5 | 8 | 1 |
| 1 | 2 | 7 | 4 | 6 | 9 | 8 | 5 | 3 |
| 3 | 9 | 5 | 1 | 2 | 8 | 7 | 6 | 4 |
| 6 | 8 | 4 | 3 | 7 | 5 | 9 | 1 | 2 |
| 8 | 6 | 2 | 7 | 4 | 1 | 3 | 9 | 5 |
| 9 | 5 | 1 | 2 | 8 | 3 | 4 | 7 | 6 |
| 7 | 4 | 3 | 5 | 9 | 6 | 1 | 2 | 8 |

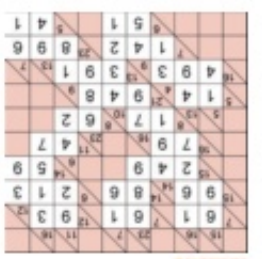
**ALPHA TRIANGLE**
N, An, And, Dark, Knead, Darken, Denmark.

**GO FIGURE**
Easy
3 + 4 − 8 + 6 = 5
Medium
5 − 5 − 5 + 9 = 4
Hard
2 × 3 × 7 − 5 = 37

**LOOP**



**KAKURO**



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**Homemade sling for Big B**

Megastar Amitabh Bachchan greeted his fans outside his house for the first time since he injured himself on the sets of 'Project K'. The cine icon was seen wearing a "home made sling"

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# NOT IN IT FOR MONEY

## Five Bollywood actors who worked in films for free

We often hear and read reports about actors charging a whopping amount to do a film. However, this is not always the case. There have also been instances where many of them have taken little or no money for a project for varied reasons. From Ranbir Kapoor, Deepika Padukone to Salman Khan, here we take a look at actors who worked in films for free. — ETimes

### Deepika Padukone

**Deepika Padukone undoubtedly got a dream debut in Bollywood, where she starred opposite Shah Rukh Khan. Her gorgeous looks and performance in the film received a lot of love and appreciation from the audience. Interestingly, she did the role for free, as she considered it a great fortune to kick-start her Bollywood career. Needless to say, she is one of the highest paid actresses we have in the industry today.**

### Salman Khan

Salman Khan has played cameos in films of his friends from the industry and his counterparts over the years on their requests. Needless to say, he has never charged anyone for it. He appeared in films like Son Of Sardaar, Tees Maar Khaan and Fugly; all for free. He also recently featured in the Shah Rukh Khan starrer 'Pathaan'. He did not charge a penny for the film, as he considers SRK to be his good friend. Apart from these cameos, Salman also reportedly starred in Sooraj Barjatya's 'Prem Ratan Dhan Payo' for free.

### Ranbir Kapoor

Ranbir Kapoor's performance in his latest film, 'Tu Jhoothi Main Makkaar' has been receiving positive reviews from all sides. The actor shared the screen space with Shraddha Kapoor in the film for the first time. In an interview with a news portal, director Luv Ranjan revealed that Ranbir has still not taken money from him. While Luv shared that Ranbir has never failed him in the last four years, the actor praised the director for putting his life on the line to make the film.

### Rani Mukerji

Rani Mukerji shot to fame with her character Tina in Karan Johar's 'Kuch Kuch Hota Hai' and ever since then, the actress and the director share a great bond. Even though the actress had a relatively smaller role than the other actors in Kabhi Khushi Kabhie Gham', she agreed to be a part of the film. The actress also reportedly did not charge Karan anything for the movie. She played Shah Rukh Khan's childhood best friend Naina Kapoor in the film.

### Sonam Kapoor

Rakeysh Omprakash Mehra's 'Bhaag Milkha Bhaag' was highly appreciated for its strong script. Farhan Akhtar, who played the titular role in the film, also received positive reviews for his performance. Although Sonam Kapoor played a small role in the movie, the actress revealed that she came on board for the film out of sheer belief in the script. The actress charged only Rs 11 as shagun for the movie.

# Comedy in the time of caution

Jennifer Aniston said she wishes we could laugh more at ourselves, rather than having to police every word in comedies.

"Comedy has evolved, movies have evolved," the "Friends" star, 54, told AFP in Paris, where her new film "Murder Mystery 2" with Adam Sandler, is set.

"Now it's a little tricky because you have to be very careful, which makes it really hard for comedians, because the beauty of comedy is that we make fun of ourselves, make fun of life," she said. In the past, "you could joke about a bigot and have a laugh -- that was hysterical. And it was about educating people on how ridiculous people were," she said. "And now we're not allowed to do that."

Aniston said the culture had changed dramatically since the days of "Friends" in the 1990s.

"There's a whole generation of people, kids, who are now going back to episodes of 'Friends' and find them offensive.

"There were things that were never intentional and others... well, we should have thought it through -- but I don't think there was a sensitivity like there is now."

These issues are perhaps the reason why Hollywood is turning out far fewer comedies in recent years, which Aniston said was a tragedy. "Everybody needs funny! The world needs humour! We can't take ourselves too seriously," she said.

For co-star Sandler, the other big change has been the budgets, with comedies now expected to look as good as expensive blockbusters and dramas. — AFP

SANDALWOOD SHOTS
Y MAHESWARA REDDY

## Turn the page

More and more software engineers are turning into movie makers in Sandalwood. Now, S Vasanthkumar has joined this list.

Vasanthkumar has not only directed Nodada Putagalu but also written the script and bankrolled it under the Sweet and Salt Movies banner. The tagline of this film is: There are many turns in life but you have to wait till your turn comes.

Vasanthkumar wrote a script based on routine incidents and narrated it to his friend who advised him to make a movie based on it. Vasanthkumar has worked as an associate for director Kodlu Ramakrishna. After availing a diploma in direction, he has also worked as associate director for Kannada movie Yaksha.

"It is a story of four generations and the movie revolves around routine incidents including sad events. The script is about four generations and the confluence of four generations is the climax of the movie," said Vasanthkumar.

Recently, the trailer and audio of Nodada Putagalu were released by Karnataka Film Chambers of Commerce president Ba Ma Harish and senior actor Dingri Nagaraj.

Preetham Makkihalli, Kavya Ramesh, Vasu, Vilas Kulkarni, Gautam G, Ashok Rao and others form the cast.

## Communal harmony

Kannada movie Ramadan that highlights the importance of communal harmony is expected to hit the silver screen next month. The holy month of Ramadan began on March 22 and will end on April 21. The movie Ramadan is based on – Nombu - a novel written by senior writer Fakir Muhammad Katpadi.

The lead role is played by Sangamesha Upase of tele serial Silli Lalli fame who has also acted in more than 30 Kannada movies. Sangamesh Upase debuts as a hero with this movie.

Besides playing the lead in the movie, Sangamesh also wrote the dialogues, screenplay and lyrics. Award winner Panchakshari C is the director.

As a part of the promotional activities, an event was held at Renukamba Preview Theater recently. All religious leaders graced the occasion to release the audio and poster of the movie. Madawalappa M Gogi has bankrolled the movie. The director said, "This movie has all shades including the problems of the poor and landless," the director said.

Premavathi Upase, Baby Ishani Upase, Master Vedik, Bhaskar Manipal, Master Neel are some of the star cast.